

COVERED IN THIS MONTH'S NEWSLETTER:

Update from Ellie - Stoke PSHE

Update from National Partners:

- Free CPD - Anti-Bullying Alliance
- Reliable Data Sources
- Info for parent/carers supporting LGBTQ+ children and young people
- NFER review of Covid-19 and Mental Health
- Updated resources from Internet Matters

Update from Local Partners:

- Nitrous Oxide briefing
- Spring term PSHE prevent offers

Resources to support key dates/themes:

- 1-28 Feb LGBT History Month
- 6-12 Feb Children's Mental Health Week
- 7 Feb Safer Internet Day
- 17 Feb Random Act of Kindness Day
- 27 Feb-12 Mar Fairtrade Fortnight
- Robbery & Theft
- Financial Education

Training Opportunities

Upcoming Dates

MEETING RECORDINGS:

For those who were unable to attend these meetings, please find links to the recordings for viewing at your convenience.

PSHE & PREVENT

PSHE Leads Meeting - Quality Assurance

Refugee Week

19-23 June

Theme: Compassion

If you have any feedback, or would like support, advice or information please email:

echesterton@ormistonhorizonacademy.co.uk



UPDATE FROM ELLIE



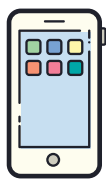
**HAPPY
NEW YEAR**

Welcome to the first digest of 2023, I hope you had some well-deserved rest over the Christmas period and you find the information here useful.

As we begin to write an End of Year report, it's been great to reflect on the progress of PSHE Coordination in Stoke on Trent which is thanks to our engagement, support and encouragement. In 2023, I'm excited to continue this work. If you have any PSHE sessions, days or activities taking place in your setting, I'd love to come along to see and support the fantastic work. Similarly, if you have any feedback, or would like support, advice or information please feel welcome to email me or ring me on my work mobile: 07572153620

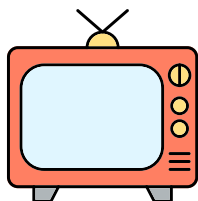
WHAT'S OUT THERE...

Whilst it is important to ensure PSHE is part of a planned curriculum, it can also be used to address needs in a local context and form part of conversations we have with children and young people about their experiences and what's happening in the world around them. We have collated some examples of topics that are being covered in TV and media that young people may want to discuss.



Andrew Tate: Media Coverage/Tiktok/Youtube

Andrew Tate is a British-American "pickup artist" and former kickboxing champion who has gained a following for his controversial rhetoric against women. Tate has been associated with the incel community, and has been accused of promoting misogynistic and violent ideologies to his followers. Votes for Schools have published a [Classroom Conversation guide](#) to support you in talking to young people about the rise of internet misogyny.



EastEnders: A new storyline involving Lily, aged 12 who is pregnant is currently being covered in the soap. The storyline explores consent and pregnancy related issues. There is also an upcoming storyline about Zack being diagnosed with HIV. BBC Action Line signpost viewers to support services via their [website](#).

Waterloo Road: A new series of Waterloo Road, a drama set in a secondary school, is available to watch on BBC iPlayer. Issues raised include bereavement, eating disorders, mental health & self-harm and victims of crime. BBC Action Line signpost viewers to support services via their [website](#).

Hollyoaks: Covering an Incel storyline which involves Eric Foster. Issues raised include violence against women and girls, misogyny, radicalisation into the Incel movement, and consent. Channel4 provide help and support information on their [website](#).

UPDATE FROM NATIONAL PARTNERS

FREE CPD OPPORTUNITIES



Offered as part of the United Against Bullying whole-school anti-bullying programme, this training aims to develop understanding of bullying, those most at risk and improve confidence in preventing and responding to bullying.

The two-hour training session is delivered via Zoom with a maximum of 70 places per course. There are 8 dates available between January - March 2023. Each school can have up to two attendees (one should be a member of SLT) To book your place or for more information please click [here](#).

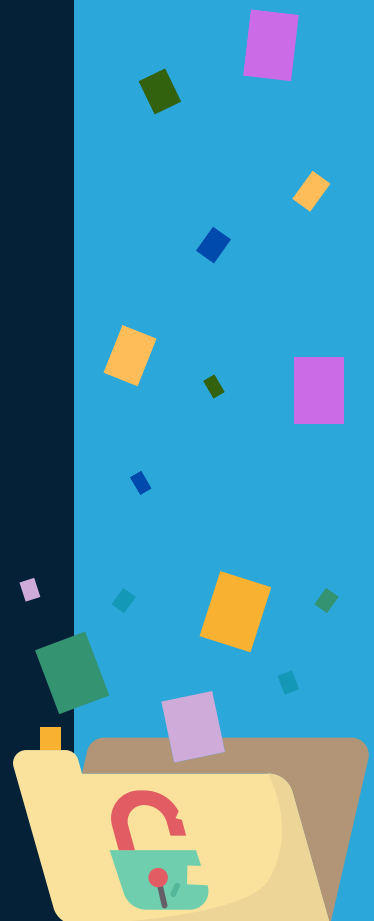
RELIABLE DATA SOURCES

We recognise that ensuring your curriculum meets local need can be challenges and it can be difficult to know where to get your information from so that you have confidence that it is accurate and informative.

The Office for National Statistics has recently released the results from the latest census via [interactive maps](#) that provide data on ethnic groups, national identity, language and religion, with further data to be added in 2023. Also produces [data](#) on people, population and community

[Domestic Abuse statistics](#) can be found on the ONS website.

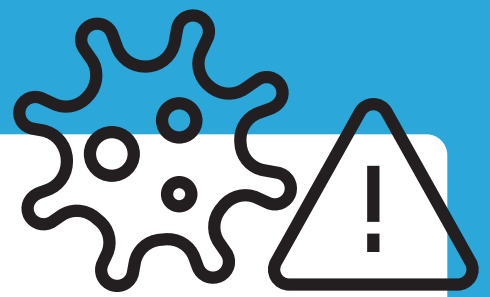
Public Health England presents [data](#) on a range of factors related to the health and wellbeing of children and young people.



INFORMATION FOR PARENTS AND CARERS

Internet Matters have produced a [guide](#) for parents to support LGBTQ+ children and young people. It includes the benefits, risks, challenges and practical steps to protect children and young people including setting up devices, conversation starters, things to remember and dealing with online issues.

COVID-19 AND MENTAL HEALTH



The National Foundation for Education Research (NFER) has published a review of evidence on the impact of the pandemic on children's mental health and wellbeing in the UK.

Findings include: the mental health of secondary-aged girls was more likely than that of secondary-aged boys to have declined during the pandemic; whilst young primary-aged boys showed a greater decline in mental health than young primary-aged girls; children with special educational needs and disabilities (SEND) had lower wellbeing and mental health both before and during the pandemic; and some young people, particularly those with pre-existing poorer mental health, saw some improvement in their mental health during the first lockdown.

Anna Freud have produced Mentally Healthy Schools' latest toolkits for primary, secondary and FE settings, which are full of resources to help boost wellbeing over the winter break for pupils and staff. Which while written for use ahead of the Christmas break can still be useful now.

INTERNET MATTERS

Internet Matters have provided updated resources for schools and parents, with information packs and teaching resources. There are age specific resources for early years, primary and secondary aged children.

Each section has:

- teaching resources
- a parent pack
- common online safety issues for that age group
- popular social media platforms for that age group
- a list of additional resources



UPDATE FROM LOCAL PARTNERS

NITROUS OXIDE

We have been asked to forward a briefing from the National Police Chiefs' Council (NPCC) and Office for Health Improvement and Disparities (OHID).

A leaflet has been produced by local substance misuse service Re-Solv about Nitrous Oxide for use with young people.

SPRING TERM PSHE PREVENT OFFERS

One of Us Train the Trainer Webinar - Tuesday 24th January 2023

Suitable for: Safeguarding and Prevent Leads, PSHE Leads and Teaching Staff within Secondary Education and Alternative Provision Providers.

During the autumn term, the Stoke-on-Trent Headteachers' Prevent Board was successful in securing funding to commission Loudmouth Education & Training's highly successful education programme on extremism - 'One of Us'.

The programme is designed for Year 8 and 9 pupils and involves a pre-recorded drama and a resource pack consisting of teacher PowerPoint, student workbook, signposting to support services and supplementary lesson plan ideas.

A train the trainer webinar will be led by Prevent Education Officer, Sarah Dyer on Tuesday 24th January 2023 3:30-4:30pm via MS Teams. The session will provide staff with the opportunity to familiarise themselves with the product, learn more about the timescales within which the product is available to be utilised, how to access it and ask any questions.

Booking is essential. Places can be secured for this event by emailing, Sarah.Dyer@stoke.gov.uk by 17th January.

RESOURCES



LGBT HISTORY MONTH 1-28 FEB

LGBT+ children and young people exist in every space where children and young people are, including classrooms. This can be as part of their own identity or their family. LGBT+ History Month provides an opportunity for children and young people to gain the knowledge and embrace the rich diversity of the world they live in, and for some to have the opportunity to describe their own experiences and also to make visible the LGBT+ people who have been successful in a myriad of different professions.

This year's theme "Behind the Lens" celebrates LGBT+ peoples' contribution to cinema and film from behind the lens.

Schools Out Resources have yet to be released but you will get them [here](#)

The Proud Trust pack for secondary schools can be downloaded [here](#) with links to English, History, RSE, Media Studies, Design Technology, Art and Design Textiles and Music.

CHILDREN'S MENTAL HEALTH WEEK 6-12 FEB

Place2Be launched the first-ever Children's Mental Health Week in 2015 to shine a spotlight on the importance of children and young people's mental health. Now in its ninth year, they hope to encourage more people than ever to get involved, spread the word, and raise vital funds for children's mental health.

This year's theme is Let's Connect.

"Let's Connect is about making meaningful connections. People thrive in communities, and this connection is vital for our wellbeing. When we have healthy connections – to family, friends and others – this can support our mental health and our sense of wellbeing."

[Free resources](#) for primary age and secondary age children and young people will help you take part in the week. Activities in the resources are designed to encourage children (and adults) to consider how we can make meaningful connections that support mental health.

[Primary Age activities](#)

[Secondary Age Activities](#)



SAFER INTERNET DAY 7 FEB

This year's theme is "Want to talk about it? Making space for conversations about life online."

The UK Safer Internet Centre has created engaging [resources](#) for 3-18 years old, designed to put children and young people's voices at the forefront of the campaign, encouraging them to help shape the future of online safety support.

Tailored for each key stage, the packs include lesson plans, assemblies, posters and activity ideas.

BBC Teach are also running a [live lesson](#) for 7-11 years old on the day at 11am.

RANDOM ACT OF KINDNESS DAY 17 FEB



The Red Cross has produced a [kindness activity pack](#) for children and young people aged 5-14 years. It encourages them to do small acts of kindness each day to help their community, family and themselves.

Other suggestions:

- Each year group chooses a charity to raise money for - raise as much money as possible and do an assembly about the fundraising activities and charity.
- Make a display - leave cards for pupils to write down kind deeds they have done or witnessed and pin onto the display. This could be created from an art competition or could be something contemporary such as graffiti

FAIRTRADE FORTNIGHT 27 FEB-12 MAR

Fairtrade Fortnight 2023 focuses on a simple message: choose Fairtrade now and help save our favourite foods.

The [Fairtrade Foundations website](#) contains useful resources including activities and games, lesson and assembly plans, professional development and films to support learning on topics including; fairtrade, climate justice and origins of foods.

Links to education packages for specific age groups are below:

[Climate, Fairtrade and You - Education Pack for Early Years](#)

[Climate, Fairtrade and You - Education Pack for Primary Schools](#)

[Climate, Fairtrade and You - Education Pack for Secondary Schools](#)

For more information about how your school can become a Fairtrade School click [here](#).



ROBBERY & THEFT - POLICE WEEK OF ACTION

Prior to Christmas, there was a police week of action related to robberies. In response to schools identifying an increase in personal theft and robberies, possibly linked to the cost of living crisis, [A Crimestoppers Resource for Secondary Education](#) has been identified to support schools who want to address this topic in their local contexts. Chapter 6 (page 43-48) covers Robbery and Theft supporting students to learn the difference between robbery and theft and other aspects of the law, understand the consequences for those involved in stealing and those around them as well as develop basic self-help skills to reduce the risk of being a victim of robbery or theft.

FINANCIAL EDUCATION RESOURCES

Your Money Matters (England Edition) has been designed for use with young people aged 14-16 years old and cover topics including spending and saving, borrowing, debt, insurance, student finance and future planning.

There is an accompanying Teacher's Guide within the [download](#) which highlights areas of good practice, provides examples of curriculum integration and links to other resources that can enhance your financial education provision. Each chapter of the Textbook has [PowerPoint](#) presentations for use in lesson, that can be edited and tailored to meet the age and ability of your learners.



TRAINING OPPORTUNITIES

Whilst we always try and source resources and training at no cost, we recognise that some organisations do have a small budget to support their PSHE delivery. Here are some upcoming training opportunities available both for free and a cost, both locally and nationally. Click on links for bookings and further information.

TOPIC	DATE/TIME	ORGANISATION	COST	OVERVIEW
BRITISH VALUES	11TH JANUARY 2023 4.00-4.45PM	PICTURE NEWS	FREE	EXPLORE HOW PICTURE NEWS CAN HELP PROVIDE CONTEXT FOR CHILDREN AND HELP THEM GAIN A GREATER UNDERSTANDING OF BRITISH VALUES AND THE PROTECTED CHARACTERISTICS
GENDER	19TH JANUARY 2023 3.30-5.30PM	MEN AT WORK	£25	THE WEBINAR WILL PRESENT ON THE GROWING PHENOMENA OF ONLINE MISOGYNIST INFLUENCES - MEN LIKE ANDREW TATE, WHOSE RECENT HIGH PROFILE ARREST BRING HIS UNDENIABLE INFLUENCE OVER MILLIONS OF YOUNG PEOPLE INTO NECESSARY SCRUTINY
PSHE FOR ITT	25TH JANUARY 2023 2.00-3.30PM	PSHE ASSOCIATION	FREE	COURSE IS FOR TUTORS AND/OR LECTURERS BASED WITH AN ITT PROVIDER AS PART OF THEIR FREE TERMLY ONLINE NETWORK MEETINGS TO HELP YOU SUPPORT STUDENTS TO GET TO GRIPS WITH PSHE EDUCATION, INCLUDING THE DFE STATUTORY REQUIREMENTS
EMOTIONAL HEALTH	26TH JANUARY 2023 4.30-6.00PM	ANNA FREUD CENTRE	FREE	SEMINAR TO EXPLORE THE IMPORTANCE OF HEALTHY COPING STRATEGIES FOR DEALING WITH DIFFICULT EMOTIONS. SHARING PRACTICE EXAMPLES OF COPING STRATEGIES AND EMOTIONAL REGULATION TOOLS THAT YOUNG PEOPLE CAN USE AND HELPING PROFESSIONALS TO INTRODUCE THESE STRATEGIES TO YOUNG PEOPLE
ANTI-BULLYING	8 DATES BETWEEN JANUARY AND MARCH 2023. TWO HOUR TRAINING COURSE	ANTI-BULLYING ALLIANCE	FREE	OFFERED AS PART OF THE UNITED AGAINST BULLYING WHOLE SCHOOL ANTI-BULLYING PROGRAMME. AIMS TO DEVELOP UNDERSTANDING OF BULLYING AND IMPROVE CONFIDENCE IN PREVENTING AND RESPONDING TO BULLYING. EACH SCHOOL CAN HAVE UP TO 2 PLACES (ONE SHOULD BE A SLT MEMBER)
EXTREMISM & RADICALISATION	3RD MARCH 2023 09:00-12:00 12:30-15:30 SESSIONS WILL BE IDENTICAL SO PLEASE ONLY ATTEND ONE.	SYNERGY STUDENT	FREE	EXCLUSIVE LAUNCH OF THE SYNERGY STUDENT TRAIN THE TRAINER PACKAGE WITH THE WEST MIDLANDS COUNTER TERRORISM UNIT SYNERGY STUDENT IS A WORKSHOP DESIGNED FOR INDIVIDUALS AGED 11-20, EXPLORING HOW STUDENTS CAN MAKE THEMSELVES LESS VULNERABLE TO RADICALISATION THROUGH KNOWLEDGE OF ONLINE SAFETY, GROOMING AND THE SPREAD OF MISINFORMATION. IN PERSON: COMMUNITY CENTRE MAIN HALL AT BENTILEE NEIGHBOURHOOD CENTRE, DAWLISH DRIVE, STOKE-ON-TRENT, ST2 0EU

NEXT MONTH...

Resources & Materials for:

- 1 Mar Zero Discrimination Day
- 18 Mar Global Recycling Day
- 18 Mar Stop CSE Day
- 20 Mar World Oral Health Day
- 21 Mar International Day for the Elimination of Racial Discrimination
- 31 Mar International Transgender Day of visibility



WANT TO SHARE A RESOURCE,
IDEA OR INFORMATION ABOUT
YOUR SERVICE?
LET ME KNOW AND I CAN
INCLUDE IN UPCOMING
EDITIONS



GOOD PRACTICE GUIDANCE:

Please find the second in a series on good practice guidance to support your curriculum and PSHE delivery.

Quality Assurance - includes information and suggestions on how to implement effective quality assurance of sessions, resources and external providers within your setting.

UPCOMING EVENTS...

Tackling Homophobia & PSHE: Practice Development webinar
30th January 2023 4-5pm
MS Teams

PSHE Leads Network Meeting (Spotlight on Pupil Voice)
14th February 4-5pm
MS Teams